

Chisholm joins NDP race

▶ Rookie MP becomes eighth person to announce his candidacy ▶ Premier Darrell Dexter endorses the federal leadership campaign of his former boss ▶ Chisholm tackles a French question but struggles with his response



Robert Chisholm acknowledges he's an underdog in the race to replace Jack Layton.

But the Dartmouth-Cole Harbour MP and former provincial NDP leader said he's the only candidate who knows what it's like to run a party.

Chisholm officially announced his candidacy at Alderney Landing yesterday morning, before a crowd of about 75 supporters and party faithful.

"The future of our party, and of our country, will be greatly influenced by the leader the New Democrats choose," Chisholm told the crowd.

"My friends, mes amis, today I am officially declaring my candidacy to become the next leader of the federal New Democratic Party."

While he's only been an MP for seven months, Chisholm repeatedly referred to his experience as the leader of the provincial New Democrats — whom he led to a historic victory in 1998, when they became official opposition for the

"Don't tell me that it can't be done."

ROBERT CHISHOLM ON HIS CHANCES TO BECOME THE NEXT FEDERAL NDP LEADER

first time.

"It's true I'm new to Ottawa. I don't see that as a bad thing," said Chisholm.

"(But) what I do bring to the table (is that) I am the only candidate who has been a party leader. I am the only candidate who has been leader of the opposition, (and) I will bring that experience to the plate."

Chisholm also acknowledged the elephant in the room — the fact he does not speak French in a caucus with almost 60 members from Ouebec.

"I'm working on it. I'm committed to working on my French," he said.

"As I move forward I will continue to improve my facility in (Quebecers') first language."

Chisholm said "we'll see" when asked if he will be able to respond to questions in French by March 24, when the New Democrats will convene in Toronto to select the next leader.

More coverage {page 2}





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The recent agreement on the EU's plans to bail out Greece promises to have the expected warming effect on the markets. Video at metronews.ca



Dexter backs Chisholm for federal NDP leader

◆ Premier says his former boss will be a contender ◆ Several provincial NDP cabinet ministers joined Dexter at yesterday's announcement





Premier Darrell Dexter says he likes his former boss' chances in his bid to become the leader of the federal New Democrats.

After Dartmouth-Cole Harbour MP Robert Chisholm announced his candidacy for the top NDP spot yesterday, Dexter told reporters not to count out the underdog.

"As a person who has been an underdog in almost every race I've entered into, I appreciate his chances," said Dexter.

"I think there is an advantage in a big field, which is that you can build coalitions among candidates, you can bring people in.... It's not always the first person out of the

gate

"There's an old expression in politics that says first in, first out."

Dexter was joined by a number of his Halifax-area MLAs, including cabinet ministers Graham Steele, Dave Wilson, Maureen MacDonald, John MacDonnell, Marilyn More and Bill Estabrooks.

They, along with backbenchers Becky Kent, Mat Whynott and Sid Prest stood behind Chisholm during the announcement.

After saying he thought the eight contenders in the running to lead the opposition NDP in Ottawa were "great," Dexter said he has no issue with formally throwing his support behind Chisholm.

"I've never been shy about endorsing Robert Chisholm," said Dexter, noting Chisholm's successes in Nova Scotia politics.

"He does what he puts his mind to do."

Chisholm, who beat out Liberal incumbent Mike Savage in the May 2 federal election, will face stiff competition.

The first candidate to

throw his hat in the ring, former NDP president Brian Topp, has already secured endorsements from party legend Ed Broadbent

and a score of sitting MPs.
Thomas Mulcair, the
NDP's outspoken Quebec
lieutenant, is also considered to be a frontrunner.

In the running



The others in the field.

- Brian Topp: former NDP president and strategist.
- Thomas Mulcair: MP named Quebec lieutenant in 2007

Romeo Saganash: First-time MP elected in

2011

- ► Nathan Cullen: MP and former community organizer from northwestern B.C.
- ► Paul Dewer: Well-known Ottawa MP.
- Nathan Cullen: MP and former community organizer from northwestern B.C.
- Martin Singh: A Nova Scotia pharmacist, business owner and party member.
- Peggy Nash: Toronto MP and party's finance critic.

Residents left in the dark due to storm

Power was out to about 35,000 customers in Nova Scotia last night as an unseasonably early snowstorm that pounded the U.S Northeast made its way into the Maritimes as mostly rain whipped by high winds.

Nova Scotia Power reported outages throughout the province as winds gusting to 100 kilometres an hour brought down tree limbs and power lines.

The Englishtown ferry
— a short crossing across
St. Ann's Bay in northern
Cape Breton — shut down
due to strong coastal
waves.

Numerous flights between Canada and many U.S. cities, including Washington, New York and Chicago, were cancelled. THE CANADIAN PRESS



Prince to hit town on Canadian tour

Welcome 2 Halifax, Prince.

The 53-year-old Grammy-award-winning singer will play the Halifax Metro Centre on Nov. 30 as part of his Welcome 2 Canada tour.

This is Prince's first tour of Canada since 2002.

Tickets go on sale Saturday, Nov. 5 at 9 a.m. More details are expected in the coming days.

Prince will play in Toronto, Montreal, Halifax, Ottawa, London, Winnipeg, Saskatoon, Edmonton, Vancouver and Victoria as part of the tour. • METRO

Opposition wants jobs on agenda

Nova Scotia's opposition parties say they want to see evidence the government is prepared to capitalize on the province's good economic fortune now that Halifax has won a \$25-billion federal shipbuilding The Liberals and Conservatives are placing jobs and the province's sputtering economy high on their agenda as the legislature opens for its fall session today.

Liberal Leader Stephen McNeil said he believes the public is excited about the possibilities represented by the shipbuilding contract, but the province must encourage spinoff growth before the work begins.

September figures from Statistics Canada place Nova Scotia's unemployment For more local news visit metronews.ca/ halifax

rate at 8.4 per cent, while in

August the province was

one of only two nationally

that saw a decline in retail

DOMESTIC DISPUTE

Cruiser rammed after police chase

A Sydney Mines man is due in court today to face charges including assault with a weapon and impaired driving after a police car was run into this weekend. Cape Breton Regional Police say they responded to a domestic dispute at about 1:40 a.m. on Saturday, with a man in his 30s leaving the scene before police arrived.

Shortly later, police saw the suspect and his vehicle, but the man failed to stop, resulting in a chase that ended when the suspect's car slammed into a marked police K9-unit vehicle.

There were no serious injuries. CAPE BRETON POST

Bad weather to blame for drop in tourism?

There were three per cent fewer visitors to Nova Scotia from January to August compared to the same period last year.

The province says international visitors, including those from the United States, decreased two per cent, but room nights sold in Nova Scotia were on par with last year.

Tourism Minister Percy Paris says poor weather has 70/The percentage Othat road travel decreased in the province this year compared to 2010.

had an impact on tourism so far this year.

Air travel to the province was up nine per cent compared to 2010, and cruise ship passengers in Halifax showed a six per cent increase. THE CANADIAN PRESS

NewPage update set for today

New details could be released today on a narrowed list of bidders for the idled NewPage mill in Cape Breton.

Julie Fournier of Ernst & Young said the company would provide new information, but she would not elaborate further.

NewPage applied for creditor protection last month. The Canadian press

Alleged thieves get high sign on court date

Three men from Beaver Bank are due in court next month to face charges of possession of stolen property. Halifax RCMP say the charges relate to a stolen street sign uncovered — along with marijuana — during a traffic stop in Fall River on Oct. 27.

METRO

Mayor, legion meeting again today with Occupiers

Protesters have camped on Grand Parade for more than two weeks

No consensus among them on whether to leave for Remembrance Day



HEATHER
GILLIS
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Mayor Peter Kelly and officials with the Royal Canadian Legion will meet again with Occupy Nova Scotia protesters today to try and resolve the issue of Remembrance Day at Grand Parade.

This is the second round of talks between the three sides. They first met in an Occupy Nova Scotia tent in front of city hall on Friday, but nothing was settled.

"I'm hopeful that we are working our way to resolve it and we'll be able to start getting prepared for the Remembrance Day services," Kelly said yesterday.

The mayor issued a letter to the occupiers last Tuesday asking them to leave the Grand Parade by Nov. 6, so that the area can be prepared for a Dignity Day event on Nov. 9 and the Remembrance Day service on Nov. 11.

Kelly has offered the Halifax Common as a new home for protesters while Grand Parade is in use.

But protester Shawn Wilson said he doesn't think moving to the common is a suitable alternative

"Speaking as someone who is concerned about the safety of the people and the safety of all of us, if we were to move to the commons ... we would die



out. To me, it's putting us somewhere so we can hopefully die and fizzle out."

Kelly is optimistic he can come to a compromise with the occupiers.

"They have been very co-operative and very understanding to date," he said

Wilson said he wants to work with Kelly and the veterans, but consensus must be reached among all the occupiers.

Protesters scatter as storm blows in

Yesterday's heavy rains and high winds saw many Occupy Nova Scotia protesters head for sturdier shelters.

"A lot of people here actually still have jobs and

houses and have gone to go take a break," said Occupy Nova Scotia activist Shawn Wilson, who was out braving the inclement weather.

The ground was muddy, wet and seeping through makeshift cardboard floors in some tents.

"We're basically just holding down the fort until the weather dies down and we can reassess the whole situation," he said.



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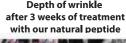
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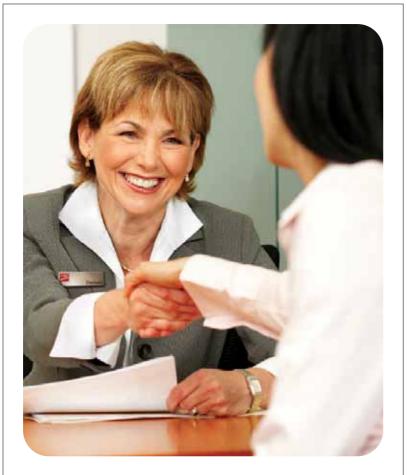
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Teamwork anchors sailing program

Sorca vessel to be involved in Tall Ships Nova Scotia Next summer, teen groups will sail for up to 10 days



It may look like a sleek schooner, but it's actually a not-so-secret weapon to help kids deal with life.

The Sorca was recently purchased by the not-for-profit group Think Sail Inc. as a floating class-room for teamwork and confidence-building exercises for teens.

"After attending the program, you want to see

"The thing that was the most rewarding in the pilot program is that working with youth was totally infectious."

ANNE-LOUISE DAUPHINEE

a different person that's more capable of making their way through life suc-cessfully," said instructor Anne-Louise Dauphinee.

"We use the vessel as

the means to do that but we're not teaching them how to sail — it's more of an experiential learning program.... It's all about building confidence," Dauphinee said.

Think Sail, based out of Lunenburg and Halifax, started as a pilot project in 2007. It used a different vessel back then.

The program was so successful they spent last summer arranging for the purchase and outfitting of the Sorca.

NEGOTIATIONS

NSCAD staff vote to strike

The union representing 44 support staff at the Nova Scotia College of Art and Design in Halifax says the workers have voted overwhelmingly in favour of a strike.

The breakdown of the vote wasn't revealed in a union release on Friday. Joan Jessome,

president of the Nova Scotia Government and General Employees Union, says the major issue in talks is the school's demand to take away some of the workers' say in changes to their benefits plan.

As it stands now, the plan can only be changed by mutual agreement between the two sides.

Job security, shift premiums and wages are also issues in the negotiations, which are to resume tomorrow with the help of a conciliator. The Canadian press

Celebrating heritage a popular idea

The province says it has received a number of ideas on how to establish a lasting form of recognition for African Nova Scotians.

Seven consultation sessions were held across the province this past spring.

The most common ideas include holding a community day of celebration and building or restoring sites of significance around Nova Scotia. The canadian press

SPRINGHILL

Son charged in mother's murder to get mental assessment

A man charged with murdering his mother has been ordered to have his mental condition assessed at the East Coast Forensic Psychiatric Hospital in Dartmouth.

Zachary Quinn Brake,

18, of Mechanic Street in Springhill is charged with the second-degree murder of his mother, Tracy Ann Rudderham.

The incident occurred at their home on Oct. 24.

Brake was scheduled to appear at Amherst provincial court for a preliminary hearing Nov. 7, but his appearance has been moved to Nov. 23 so his mental fitness can be assessed.

Brake will be remanded at the East Coast Forensic Psychiatric Hospital until his court date. AMHERST DAILY NEWS

Mounties rarely told of abuse, report says



News in brief



Kirwan search continues

NEW GLASGOW. It has now been three weeks since Amber Kirwan (shown above) went missing after leaving a New Glasgow bar on the morning of Oct. 9.

New Glasgow Police Const. Ken MacDonald said yesterday investigators and its K-9 unit were out again over the weekend searching different areas of Pictou County in its investigation into the missing 19-year-old.

Kirwan was last seen leaving Dooly's on Oct. 9 iust before 2 a.m. • METRO

Man dies in PEI car crash

MONTAGUE. Prince Edward Island police say a man is dead following a singlevehicle collision early yesterday morning near Montague

The male driver was the lone occupant in the car, which apparently went off the road, hitting the guardrail before going airborne and rolling on its side. The driver was ejected from the vehicle.

CHARLOTTETOWN GUARDIAN

Report 'a bit of a whitewash.' former student says

Alan Knockwood, a Shubenacadie residential school in Nova Scotia, said the RCMP report lets the recalled being frightened of the police because they would routinely pick up aboriginal children in Truro, and bring them to the school.

"I thought it (the RCMP report) was a bit of a whitewash," he said in an interview.

The Truth and Reconciliation Commission has five-year mandate to document history of residential schools, inspire reconciliation and produce report by 2014

RCMP officers usually weren't aware of the need to investigate abuse in Canada's infamous native residential school system because aboriginal families were reluctant to tell them what was occurring behind closed doors, says a report by the police force.

Deputy Commissioner Steve Graham presented the research report on Saturday to the federal Truth and Reconciliation Commission, which was holding its final day of Atlantic region hearings in Halifax.

The 457-page report written by Marcel Eugene-LeBeuf said the police acted on behalf of the federal government to track down children who had run away from the schools and to tell parents they had to send their

Over 100 years

The report covers more than 100 years and represents the first major study of the RCMP's involvement in the Indian Residential School system.

erally weren't aware of abuse, which is defined in the report as "improper physical or sexual behaviour and actions that contributed to the loss of cultural roots."

"Children would rarely denounce the abuse they suffered, and the school system prevented outsiders from knowing about the abuse that occurred. Discipline was kept strictly internal to the school system and was not associated to the police," the authors said in the report's summary. THE CANADIAN PRESS





Afghans bowl in war-torn Kabul

• Entrance to alley behind blast-resistant steel doors

• 'Afghanistan needed a place like this': Owner

In an Afghan capital scarred by years of war, a young Afghan woman has bet \$1 million US that her countrymen could use a little fun.

Located just down the street from Kabul's glitziest mall is The Strikers, the country's first bowling alley and owner Meena Rahmani's gamble on the capital's newest entertainment venue.

But more than a place for family fun in a city largely devoid of options, the 12-lane centre stands as a reflection of both the country's hope for the future and the challenge of securing one even as NA-TO's fight against the Tal-



iban enters its 11th year.

Aside from the cultural significance of such a centre, building the bowling alley was a massive undertaking.

All the equipment is imported, the engineers came

from China and the alley is powered by several industrial-sized generators. Its entrance sits behind blastresistant steel doors guarded by burly men toting AK-47 assault rifles.

"This was a huge project," said Rahmani, but "we were committed to it."

In a country where restaurants frequented by wealthier Afghans and Westerners require patrons to check their guns at the door, bowlers get frisked by security before entering the building. It's not without reason — a nearby shopping mall was hit twice by insurgent attacks since it opened in 2005.

THE ASSOCIATED PRESS



Shepherd's not sheepish about march

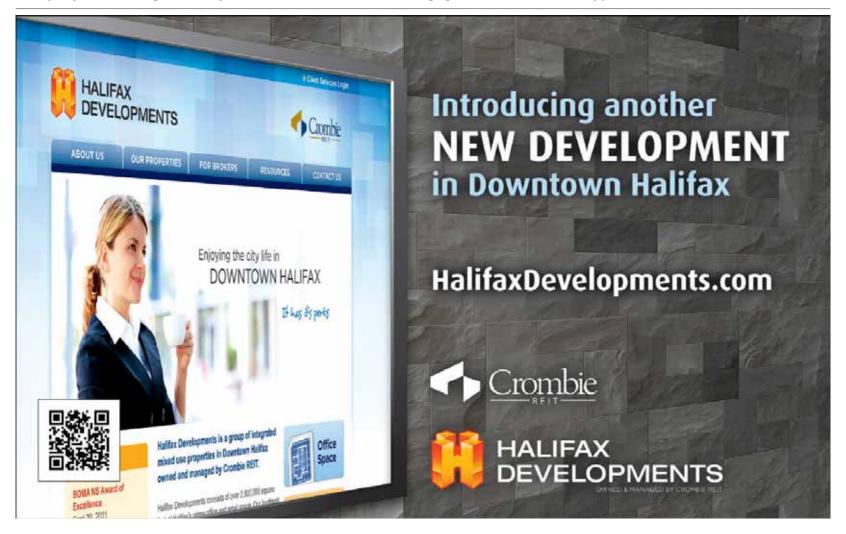
Spanish shepherds led about 5,000 sheep through the streets of Madrid yesterday in defence of ancient grazing, migration and droving rights threatened by urban sprawl and man-made frontiers.

China cop arrested in fatal crash

A police officer was suspected of driving a police van drunk and killing five people when a vehicle knocked over two lamp poles, crushing people below in central China.

Angry crowds smashed

and flipped police cars in the latest burst of public anger against authorities. THE ASSOCIATED PRESS



metr⊕

Warming skeptic changes his tune

Study of world's surface temperatures took two years • Was bankrolled by global-warming deniers

A prominent physicist and skeptic of global warming spent two years trying to find out if mainstream cliscientists were wrong. In the end, he determined they were right: Temperatures really are rising rapidly.

Richard Muller pursued long-held skeptic theories in analyzing the data. He was spurred to action because of "Climategate," a British scandal involving hacked emails of scien-

Degrees that the study says the temperature of the world has risen since the 1950s.

Yet he found that the land is 1 degree Celsius warmer than in the 1950s. Those numbers from Muller, who works at the University of California, Berkeley, and Lawrence Berkeley National Lab, match those by the National Oceanic and Atmospheric Administration and NASA.

He said he went even further back, studying readings from Benjamin Franklin and Thomas Jefferson. His ultimate finding of a warming world, to be presented at a conference today, is no different from what mainstream climate scientists have been saying for decades.

THE ASSOCIATED PRESS



Storm knocks out power to millions

More than three million customers in the U.S. Northeast were without power as an unseasonably early storm dumped heavy, wet snow over the weekend. More than 60 centimetres fell in some areas, with at least 11 deaths reported.



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Painting over the truth?

- Ten of 10 face-paint products tested contained lead: 2009 report
- Several products on store shelves this Halloween lack ingredients



Some parents may think the ghost-white makeup they lather on their kids' faces this Halloween night is safe because of the "nontoxic" label on the package.

Think again, says John Bennett.

The Sierra Club Canada

executive director said that many makeup products that claim to be non-toxic actually contain heavy metals such as lead, which can harm children's developing brains. That revelation was highlighted in the 2009 report Pretty Scary: Could Halloween Face Paint Cause Lifelong Health Problems? by the U.S.-based Campaign for Safer Cosmetics.

Six out of 10 face-paint

products tested contained allergens such as nickel, cobalt and/or chromium at higher-than-recommended levels.

Bennett suggests parents visit safecosmetics.org to learn about natural, homemade makeup recipes that he said are safer. To get a brown colour of makeup, the website recommends mixing chocolate sauce into a cocoa-butter base.







Jack-0'-lantern de-light

The faces of more than 700 pumpkins will be set aglow by candles in the display that continues topicht

Tories lay out plan for immigration

Immigration Minister Jason Kenney's latest goal is nothing short of reshaping and rejuvenating the Canadian workforce.

He envisions a nimble, efficient immigration machine that will help solve Canada's demographic imbalance and boost the country's competitiveness.

Kenney will announce immigration targets for next year this week.

He says when he is done with his multiple reforms of the system, the flow of newcomers into Canada will be predominantly young, well educated, highly skilled and fluent in English or French.

They'll be admitted to Canada within a year of applying. Soon after, they'll 254,000 immigrants a year, which is high by historical standards.

start paying taxes because they will have lined up a job prior to arrival or

245K^{Under the}

government, Canada

has let in an average of

quickly once they land.

"Where we want to be in a few years time is a flexible, just-in-time ... system where we admit people within a year of their application," he said.

should be able to find one

But NDP immigration critic Don Davies says it's not enough for Kenney to simply be the "Energizer bunny" when it comes to shaping Canada's future workforce and diverse population.

"I don't think he knows what he's doing. I think he should slow down."

THE CANADIAN PRESS

News in brief

Panel inquiry may set limits on prized catch

ENDANGERED SPECIES. Huge chinook salmon are the most prized catch on the Pacific coast for fishermen on both sides of the Canada-U.S. border, but they may soon have to share the bounty if a scientific panel links chinook and the survival of endangered southern resident killer whales. Dozens of studies and reports must be analyzed before a decision is made at the end of 2012. THE CANADIAN PRESS

Aussie airline gets back up in the air

ARBITRATION. Qantas Airways is expected to resume flying today after

an Australian court intervened in a labour dispute that led the airline to ground its entire fleet over the weekend.

By the time the labour-relations court acted, several hundred flights had been cancelled.

Some airline industry experts say Qantas' surprise grounding of its entire fleet Saturday could cause many travellers to book future trips on other airlines.

THE ASSOCIATED PRESS

Traders should be bullish over EU debt deal

MARKETS. Traders on the Toronto stock market will likely start this week positively amid relief that Europe appears serious about fixing the debt crisis. Share prices and the Canadian dollar could be under pressure in the last half of the week.

THE CANADIAN PRESS

Kodak catching up with patents

Ocompany had \$957 million in cash in June, down from \$1.6 billion in January Nearly \$3 billion in patent-licensing fees garnered over 3 years

Picture this: Kodak — the company that invented the first digital camera in 1975, and developed the photo technology inside most cellphones and digital devices — is in the midst of the worst crisis in its 131-year history.

Eastman Kodak Co. is betting that a big cash infusion from the sale of 1,100 digital-imaging inventions will see it through a transition that has raised the spectre of bankruptcy.

Kodak popularized photography over a century ago. It marketed the world's first flexible-roll film in 1888 and transformed picture-taking into a mass activity with the \$1 Brownie camera in 1900. But for too long it stayed firmly focused on its 20th-century cash cow, and failed to capitalize quickly on in digital photography.



Kodak has been playing catch-up. Pummelled by Wall Street over its dwindling cash reserves — and its attempts to reinvent itself with digital imaging and printing — Kodak has been hawking the digital patents since July. "One

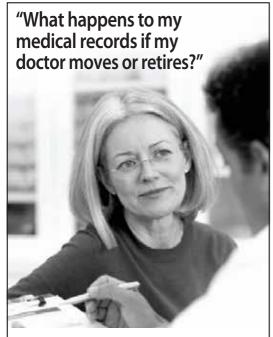
thing I would stress is: It is our intention to retain a licence to any of the intellectual property we sell," says Kodak spokesman Gerard Meuchner. "It's like you sell the property but still get to live in the house."

Many analysts foresee



Kodak fetching \$2 billion to \$3 billion. But others think it can haul in more than that because of high patent value. Even a hefty return, skeptics counter, won't solve Kodak's struggle.

THE ASSOCIATED PRESS



You expect that your medical records will be properly dealt with if your doctor moves or retires. That's why the College of Physicians and Surgeons of Nova Scotia advises doctors about the correct way to transfer or maintain patient records when closing their medical practices.

Find out more in Common Questions about Doctors, Non-Insured Services, Prescriptions and Medical Records which is available at www.cpsns.ns.ca/info.aspx



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Michelle Fougere
 Member Student Aid Appeal Committee

"The advice our commission provided to government played a key role in helping individuals with limited income get the wheelchairs they needed, enabling them to move about their homes and interact with their communities. Knowing you can bring about this kind of change is a really good feeling."

> – Brian Tapper Member Disabled Persons' Commission

If you have an interest, we have a committee.

Application deadline for adjudicative ABCs: November 21, 2011
Applications for non-adjudicative ABCs welcome any time; consideration to begin November 18, 2011

For more information about current opportunities and the selection process for each,

visit www.gov.ns.ca/exec_council/abc

or call the Executive Council Office 902-424-4877 (toll free 1-866-206-6844) or email execounc@gov.ns.ca



e Province of Nova Scotia is an equal opportunity employer. Through the Employment Equity Policy, the Government of Nova Scotia seeks to better represent e diverse public it serves. Government is committed to ensuring diversity in the workplace by supporting initiatives that promote the equitable participation of original persons, African Nova Scotians and other racially visible persons, persons with disabilities, and women in positions where they are under-represented. applicants who are members of an employment equity group are encouraged to self-identify.

PROTESTERS LIKELY IN IT FOR **LONG HAUL**

URBAN COMPASS

STEPHEN KIMBER

Sometime early this week, Occupy Nova Scotia is expected to announce its campers will decamp temporarily — from Grand Parade so Remembrance

Day ceremonies can take place there next week.

Given the respectful, peaceful tenor of the protest, that's hardly surprising. Neither will it come as any surprise -though it will doubtless disappoint Mayor Peter Kelly — that the protesters will also declare their intention to rebuild their tent

village and continue the occupation after Nov. 11.

The Occupy movement sometimes seems easy for those of us not in its trenches to mock.

Its endless, participatory, consensual, non-decisionmaking gatherings.

Its megaphone-less, speak-and-repeat chanting communications.

"The rich get even richer, the poor get poorer and everyone else stagnates. More than 40 per cent of the world's income is now gobbled up by the already wealthiest 10 per cent; the poorest 10 per cent get the one per cent crumbs."

Its occasional unconnected-to-the-largergroup-or-to-reality oddball conspiracy theorist accosting passersby with their truths. ("Read 'The Creation of First Corporation' on my web page,' one older man in a wheelchair, who bills himself as Truth Soldier, urges me. "It explains everything about everything.")

And, of course, with its conspicuous lack of the standard laundry list of easily answerable concrete complaints or demands.

That — and the fact local Occupiers have been so peaceful — may explain why the mayor underesti-

mates its strength.

He does.

His paternalistic thanks-for-coming-you've-hadyour-say-now-go-away mantra misses the fact the protesters are tapping a deep worldwide well of frustration and anger. Even among those of us who don't camp out.

The rich get even richer, the poor get poorer and everyone else stagnates. More than 40 per cent of the world's income is now gobbled up by the already wealthiest 10 per cent; the poorest 10 per cent get the one per cent's crumbs.

In Canada, federal corporate taxes get sliced in half and Finance Minister Jim Flaherty says it's pointless to make the rich pay their fair share of taxes. The rest of us will have to tighten our belts.

In Cape Breton, a single mother of two had her power cut off last week because of an electrical bill provincial social assistance refuses to cover.

Her problem?

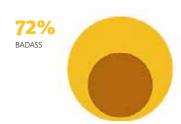
Unlike the bankers or the auto industry, she is not too big to fail.

And so it goes. The problems haven't disappeared; neither will the protesters.



Register at metropolitanpanel.ca and take the quick poll

New tattooed Barbie: Bad influence or badass?



28% BAD INFLUENCE

Local tweets



▶ @aldelory: The grocery store playing CCR. Have You

Ever Seen the Rain as Halifax experiences a nor'easter. There's your answer, CCR.

@RemoZaccagna:

Quinpool Rd. just off the Armdale Rotary starting to get flooded, but I still managed to drive through it. #Halifax #yhz #closecall @BosnDavid: hey #Halifax

it's Sunday, holy rain out @der_junker: I love weather in #Halifax this time of

year. So unpredictable, not

@maggie_mack: Not loving this rain in #halifax have to pay rent today:(anyone wanna give me 2 dollars? I'm short 2

at all boring. Like asking a

bartender to surprise you

@ShelbyGLang: Prince is

coming to halifax Nov 30.

with a drink.

FREAKING OUT

dollars!!!! Omg

#mylifesucks

@sorrenisler: Quick! Someone let @occupyNS know about the poutine promotion @poutinerie #Halifax - those guys deserve some free, delicious gravy & fries

RE: Confession: I have a thing for the GOP, published Oct. 27.

I am a fourth year Simon Fraser University student taking a course that focuses on Canadian racism, classism, and sexism. Mr. Mazerolle's column was used as an example of racism in the media in our class. In fact, his article was such a strong exemplar that it became the star of our class discussions addressing various aspects of racism, including what is called cultural racism and the homogenization of racism.

Cultural racism, also known as the "new racism" refers to individuals or groups of people making claims that particular ethnic groups are inferior based on their race, nationality, religion, sexual orientation, and so on.

The article was culturally racist towards: Americans (it offended the U.S. citizens in our class, irregardless of their race, nationality, religion, gender, class, sexual orientation), Conservatives, and Christians who are part of a group that represents a 33,000+ total number of "Christian" denominations.

MARYANNE, VANCOUVER

photo of the day ➤ This photo titled I Really Don't Like You, was submitted to the Moments of my Life category by vinny from Quebec.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

Even if you sell it, they will still come

The sprawling eastern Iowa cornfields made famous by the movie Field of Dreams are being sold to a company that will preserve the site's baseball legacy, the owners announced yester-

Don and Becky Lansing said they have accepted an offer from Mike and Denise Stillman and their company, Go the Distance Baseball LLC, which will develop the site near Dyersville as a baseball and softball complex.

"We worked hard to maintain its wholesome allure, and our success says a lot about our nation's love affair with its national pastime," Becky Lansing said in a statement. "It truly is a special place.'

The land has been in Don Lansing's family since 1906. The couple put the property up for sale at \$5.4 million US in May 2010. The parcel includes the two-bedroom house, baseball diamond, six other buildings and 193 acres — mostly cornfields — from the

The Lansings said earlier this year that they had received several inquiries about the site but were committed to finding a buyer that would preserve its legacy. The ASSOCIATED PRESS



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Bikers and the Bard

• Kim Coates might look the part of a gritty gang member, but The Sons of Anarchy actor loves Hamlet as much as his Harley Reveals what to expect on the second season of SOA

Kim Coates is so convincing on Sons of Anarchy that real-life bikers like to give him their opinion of the show.

Case in point. Coates was at the gym a few years ago when an ex-biker club member got right in his

"Listen man," Coates recalls the guy saying, "I'm not gonna pull any punches." Using colourful language, the biker went on to tell Coates that while he enjoyed his performance, he had problems with the show

The 52-year-old actor calmly stood his ground. "I said to him, 'It's a TV show. Based on some truths, based on Hamlet metaphorically, but it's a Hamlet

Maybe it was the Hamlet reference that soothed the dude. Maybe it was Coates' Harley out front. Whatever, Coates was able to make the case that he was "just trying to do a television show within the genre of the biker world.'

Canadians who have not yet found the series on the Pay TV service Super Channel can catch up from the beginning when it premieres tomorrow night at 10 p.m. on FX Canada. The new Rogers-owned specialchannel launches tonight.

Coates loves being on Sons of Anarchy and is thrilled the series set an FX premiere ratings record when it returned in the



U.S. last month for a fourth season. The Saskatchewan native has never been busier. Besides Sons of Anarchy, he was a familiar face on the just-finished HBO series Entourage.

Coates has roles in five films set to come out, including Sacrifice with Cuba Gooding, Jr., and A Little Help opposite Jenna Fischer (The Office). He was at the Toronto International Film Festival last month to promote the rowdy hockey movie Goon (co-written by Baruchel). Seann William Scott, Alison Pill and Eugene Levy also have

roles in the film, which will be released next year.

When not working, Coates feels at home on his Harley, a custom-built Wide Glide. "Got to kind of design it myself from Eagle Nest Harley in Sacramento," says Coates, one of only two SOA cast members with biker cred heading into the series.

Despite his onscreen image — often as the creep next door — in over 40 films, Coates is a pussycat himself, a dedicated family man married for 26 years with two grown daughters.

As for the Shakespeare

metaphor, Coates is equally at home around Hamlet as he is on a Harley. He starred as Macbeth at Stratford when he was just 27 (singling out director Tom Kerr as "my mentor") and enjoyed a run on Broadway as Stanley Kowalski in A Streetcar Named Desire.

His love of theatre began at the University Saskatchewan where he took a drama class "just for fun." He wound up doing play after play over four years, "an amazing learning ground for me.'

He gets the Hamlet thing on SOA and credits

"All I know is that things are happening this year. Stuff is going down"

KIM COATES ON THE UPCOMING SEASON OF SONS OF ANARCHY

series creator Kurt Sutter with turning this outlaw biker crew into compelling television. "Kurt's an amazing storyteller," Coates.

There was one time when Coates felt Sutter made a wrong turn on the series. Without spoiling what happens in Season Two, there is a moment when Tig (Coates) gets cozy with Gemma (Katey Sagal), the wife of the club president, Clay (Perlman). Coates read the script, could not believe Tig would ever sneak around on Clay and demanded to see Sut-

"Take a breath," Sutter told Coates, explaining that this is, after all, a tale of biker outlaws, a world of drugs, sex and rock 'n' roll. Gemma is lost and lonely and comes on to Tig. Tig is lost and lonely and responds. "You're not doing it out of anything with Clay," explained Sutter. "It's just a moment of two very wounded people coming together for some love, for something."

"All I know is that things are happening this year," says Coates. "Stuff is going

THE CANADIAN PRESS





The Shrek spinoff **Puss in Boots** opened with an estimated \$34 million to top the box office. The film proved a big draw outside of the Shrek franchise. Paranormal Activity came in the number two spot over the weekend. That film took in \$18.5 million in its second week of release. The Rum Diary, starring Johnny Depp, opened weakly, earning just \$5 million. THE ASSOCIATED PRESS



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Protecting Lightfoot's legacy?

○ Rocker Dave Bidini writes book about Gordon Lightfoot without his involvement reer. The book is structured

end might have liked their

Lightfoot's manager at the

time, Barry Harvey, who has

since died. Bidini remem-

bers Harvey telling him that he wouldn't give the

song to Lightfoot be-

cause it would just an-

noy the singer. The

group was disappoint-

ed, and some time lat-

er, Bidini slighted

Lightfoot in an inter-

that the Canuck icon had swiped

the melody for Fitzgerald from

an old Irish folk

tune (Bidini him-

self heard this

rumour at a pub

in Cork, Ireland).

Harvey asked for

a retraction and

Bidini agreed,

but savs that once the com-

ments had

hit the

view.

suggesting

So they directed it to



As soon as Dave Bidini put the word out that he was writing a book about Gordon Lightfoot, the stories started to pour in.

Bidini, the former Rheostatics singer, has plenty of friends in rock 'n' roll, and they had plenty of tangled yarns to spin about the 72year-old Canuck singer for Writing Gordon Lightfoot.

Some were flattering, but most were definitely not.

"People would be like: 'I have a great Lightfoot story,' and it would inevitably turn out to be a horrible Lightfoot story," Bidini said in an interview last week at a Toronto café.

"There's a book that could come out for sure that would just be about that, just be about him being a mean drunk and a bad husband ... But if you put too many episodes in a book like that, that's all people are going to take away from it, and I wanted people to come away with a fuller impression of who

"I wanted people to come away with a fuller impression of who the person was."

AUTHOR DAVE BIDINI

the person was, about this life lived in Canadian music.

"And actually one of the things I say in the book is I sort of approach Gord and I say: 'I hope you're grateful that it's me writing the book and not some muck-

ing journalist."

That Bidini wanted to protect Lightfoot's legacy — or at least his dignity — might imply some sort of friendly relationship between the two Canadian rockers.

But in fact, Bidini says that Lightfoot refused to be interviewed for the book despite his persistent re-

In the text, Bidini offers a couple of theories for Lightnon-participation. Years ago, the Rheostatics covered The Wreck of the Edmund Fitzgerald, and Bidini and his bandmates thought the Orillia, Ont., country-folk legternet, it was too late

So, the two artists weren't exactly friends. Still, Bidini believes the primary reason Lightfoot didn't want to participate in the book is that the songwriting stalwart simply has no interest in revisiting the still-tender wounds of his past.

And Writing Gordon Lightfoot does zero in on a particularly difficult period

in his ca-

It whimoy

around the events of one week in July 1972. when some of the biggest names in music - including Bob Dylan, Neil Young, Joni Mitchell and, yes, Lightfoot — descended on tiny Toronto Island to make surprise appearances

At the time, the book says, Lightfoot had been forced to curtail his

his first marriage was crumbling (he would divorce in '73), and he was dating Cathy Smith — the same woman who would later serve time in a California prison for injecting actor John Belushi with a fatal dose of heroin and cocaine in 1982.

THE CANADIAN PRESS at the Mariposa Folk Festitouring schedule due to Bell's palsy, which had temporarily POUR LE CORPS silk whimsy CLEANSING BODYWASH **NETTOYANT POUR** LE COMPS

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LUSCIOUS EMBRACE

Eugenides tired of the autobiographical questions

Superstar author Jeffrey Eugenides is getting weary of questions about whether his new book, The Marriage Plot, is autobiographical.

'It's incredibly fatiguing. It happens with every novel, no matter what

you write about, the 51-year-old said during an interview this

Eugenides burst onto

scene in 1993 with his acclaimed debut The Virgin Suicides, which was later made into a much-discussed film by Sofia Coppola. His next novel, 2002's Middlesex, vaulted him into the literary stratosphere. A stunningly imaginative and expansive tale about a male hermaphrodite, the book won the Pulitzer Prize, was chosen as an Oprah selection and had legions of

readers clamouring to see

what the rock-star writer

They

had to

would do next.

wait nine years to find out, but were rewarded this month with Eugenides' lat-

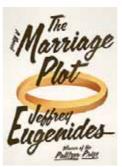
novel.

riage Plot, which follows a love triangle between English major Madeleine and two fellow male students at Brown

University (the au-

PURELY PRISTINE

thor's alma mater) the 1980s.



guered world of publishing, the book's release was a joyous event. A billboard of Eugenides went up in Times Square. A launch party in New York City attracted litheavyweights Jonathan Franzen, Martin Amis and Zadie Smith.

The Marriage Plot was soon lauded as another highly erudite, yet eminently readable offrom

> Eugenides. Still, much of the media cov-

erage has been pre-occupied

▶ Author Jeffrey Eugenides poses at his home in Princeton, N.J., in September.

Hurry up and write

- During his media rounds, Eugenides has also faced repeated questions about the extended period of time it takes him to write each book.
- The author says he can usually tell after about 150 pages whether he wants to move forward with a new project.

whether it is autobiographical.

Did Eugenides base the character of Mitchell Grammaticus on himself (both are from Detroit and of Greek descent)? Does the Brown setting reflect the author's time at the school? And is the character of manic-depressive biologist Leonard Bankhead based on the late author David Foster Wallace (with whom Eugenides had a

> passing acquaintance)? Eugenides, an instructor at Princeton University, can't seem to escape the specula-

"Last time I wrote about someone who was intersex and I would still get the autobiographical question even though it's obviously about as imaginative a leap as I can make.' said the author, who lives in New Jersey

▶ The kernel of The Marriage Plot, he said, came about when he was taking a break from Middlesex in the late 1990s and began writing a story about a débutante party. He abandoned that manuscript, but the character of Madeleine stuck with him, eventually jumping into the pages that would become The Marriage Plot.

with his wife and daughter. "Now, I'm getting it again. You get it with everything you write. That's how

people read. We all do it to a certain extent. "But people need to understand that you obviously draw from your life in order to write a novel, so there are going to be many things

that resemble the writer's experience. But what happens in a novel is very different than what happens in a writer's life."



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Time for Avril to Let Go?

• Avril Lavigne experiencing dwindling Canadian crowds, sales

Midway through a sparsely attended arena gig in Toronto last week, Avril Lavigne paused between songs to express her joy at playing "so close to home," in her "beautiful" native country.

She had just finished singing Alice, and it was the first time in the evening she unleashed the full power of her vocal instrument, allowing her voice to billow and soar into every corner of the Air Canada Centre.

And it couldn't have been easy to fill all that empty space.

See, it's not just the Canadian weather that might have felt chilly to Lavigne, who grew up in Napanee, Ont., but moved to Los Angeles years ago. To hear her tell it, this cross-country trek was a tri-umphant homecoming, the first since her latest album dropped in March, so where were the adoring crowds to cheer her on?

A reported audience of 6,800 fans showed up to her gig at the Air Canada Centre, which can hold 15,800 fans for a concert. Her shows across the country reported similarly anemic turnouts, while the reviews varied from tepid to scathing — a representative notice from one newspaper compared her lifeless performance to that of a zombie.

And considering that Lavigne's latest — Goodbye Lullaby — has failed to generate a fraction of the interest as her previous disc, there's no shortage of speculation that the pop-punk



princess's reign could be coming to an end.

"She's having a difficult time making the transition from being a skater girl to being a 27-year-old woman," said Alan Cross, Metro Canada columnist and host of the syndicated radio show The Secret History of Rock. "It's very tough to grow with your audience. ... The next year is going to be very important if she's going to be able to make the transition.

"I mean, she's far from dead. But it may take a little time for the new Avril to take root."

And at this point, it's not exactly clear who the new Avril is.

She burst onto the scene less than a decade ago with 2002's hit-laden Let Go, providing a so-called edgy alter**6X**Let Go attained diamond certification in Canada and went six times platinum in the U.S.

native to the dolled-up pop strumpets who were shifting the bar of good taste ever-lower and climbing ever-higher on the charts in the process (Lavigne's first album arrived in the oneyear period between two video hallmarks for lowestcommon-denominator pop pandering: Britney Spears' I'm a Slave 4 U and Christina Aguilera's Dirrty.)

A then-17-year-old Lavigne had a stylistic hook (ties and tank-tops), a strong voice and a bundle of super-catchy pop tunes stained by just a speck of punk grime — Ramona imitating the Ramones.

After Let Go, Avril's next two albums — 2004's Under My Skin and 2007's The Best Damn Thing brought diminishing returns commercially but still went platinum a combined seven times over in Canada.

And that, perhaps, is when Lavigne's career started to slide. There was a lengthy four-year break between albums, during which time Lavigne divorced husband (and Sum 41 frontman) Deryck Whibley and changed her management, switching from Vancouver-based Nettwerk to a representation based closer to home in L.A. THE CANADIAN PRESS



Lou Reed on an album with Metallica: You better believe it

Metallica and the word "scared" don't usually go together.

But fear was one of the emotions that band members felt when they began work on their latest album, Lulu, a collaboration with Lou Reed that will be released tomorrow.

"That was scary, but it was also so exciting to think, 'Is he going to tell us what to play? Are we going to know what to play? Is he going to start singing randomly? Should we figure out some parts?" lead singer James Hetfield said in an interview. "We have had many different ways of recording, and this is yet another new way for us."

Reed and Metallica, both members of the Rock and Roll Hall of Fame, first performed together at the hall's 25th-anniversary concerts in 2009. They found that they had amazing chemistry together.

That chemistry prompted them to go into the studio together, but the

Chemistry

Lou Reed has worked with everyone from The Killers to David Bowie, but considers his work with Metallica to be "the best music I have ever done."

concept for the album started as a work that was the brainchild of Reed, based on the Lulu plays (Earth Spirit and Pandora's Box) written by Frank Wedekind.

"This was the template from God," Reed explained in an interview last week with Hetfield and Lars Ul-

"It was written for a play in Berlin, for the Berlin Ensemble Theatre. It was done there as a soundscape surrounded by various electronics. I lifted the whole thing, since it is mine, and brought it over to them and turned them loose on it so that on top of the electronics, (it) became Metallica." THE ASSOCIATED PRESS





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I'm not gay: Kelly Clarkson

Singer opens up about her sexual orientation and dating on talk show

Kelly Clarkson is setting the record straight about being straight.

Despite speculation running rampant for years, the singer wants to clarify that she is not a lesbian

"I've dated some cool guys, but I don't know if I've dated someone where I could spend my whole life with them." KELLY CLARKSON

"I'm from a small town, so everyone's married with children or about to have children," she says during a visit to The View.

"That's why people think I'm gay — because they're like, 'why aren't you married?' And I'm like, 'It doesn't happen for everyone right off the bat!"

Plus, she says she hasn't had the easiest time finding the right guy.

"The last date I went on was horrible, so I'd like to go on a good date."



PATTINSON A MARRIED MAN?

THE WORD

DOROTHY ROBINSON

SCENE@METRONEWS.CA



In honour of Halloween, let's check in with vampirein-chief Robert Pattinson, shall

we? (Tune in tomorrow for an update on director of zombie special projects Lindsay Lohan — we just couldn't handle her today.)

While promoting Breaking Dawn: Part 1 at a press conference over the weekend, Pattinson speculated that he and costar/girlfriend Kristen Stewart may already be married. "The wedding scene's funny because we used a real priest," the actor said, according UsMagazine.com.

"So technically we are already married because he



did all the things you would do in a normal ceremony. So we don't have a civil union in law, but I guess in the church we are actually married."

We suspect the church wouldn't agree, but then again, it's not really our goto marriage dictionary these days.

If someone united Heidi Montag and Spencer Pratt in holy-hell matrimony, no doubt they'd sign off on this one.

TODAY'S THE WORD WAS WRITTEN BY MONICA WEYMOUTH

Nicki Minaj and her maid get into it



Police were called to respond to something of a domestic disturbance after singer Nicki Minaj got in an argument with a housekeeper, according to

Minaj had previously fired a maid who worked at her home, then grew upset upon seeing the woman returning to work Friday, insisting she leave.

When the maid said she would not be "treated like an animal," Minaj reportedly flew into a rage. shouting.

"I'll show you how to treat someone like an animal. Get the f- out of my house."

It turns out, however, that it was a different maid and not the one she'd previously let go. • metro

Celebrity tweets

Justin Timberlake might be avoiding the spotlight for a little while, he warns.

JT to lay low

"I've spent a lot of time feeling like I needed to validate so much of who I was by what I did," he tells Esquire magazine. "I think you can work and work and work and never really live." So what is Timberlake planning to do instead?

"The plan is to have no plan," he says. "I'll probably travel, but I'd rather be spontaneous. I feel like I've earned at least a little bit of time to do that." OMETRO



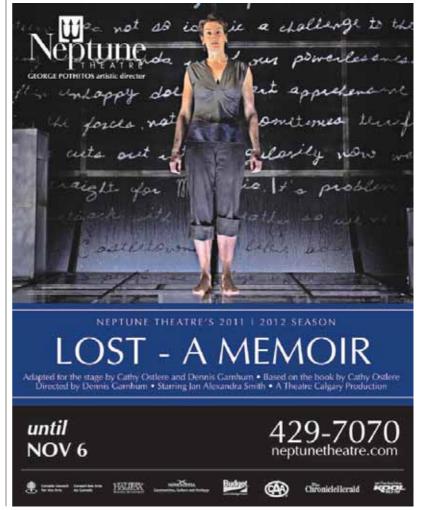
(my dog reads twitter)



@Joan_River A coroner revealed that Amy Winehouse was more than five times over the legal alcohol limit, or as Lind-

say Lohan calls it, "sober."

@ActuallyNPH I just woke up. My head is pounding. My toilet is filled with gold! What just happened?



life

Sweet choices



A British Columbiabased dietitian has helpful hints about the chocolate choices parents will have to make this Halloween.

Gloria Tsang says all parents need to do is look at the list of ingredients on mass-produced chocolate bars. Tsang says if parents don't know how to pronounce the name of an ingredient, that product might not be the best choice.

THE CANADIAN PRESS



Will Halloween play a trick or your kids' health? Dental hygiene is key concern.

Keep it sweet but healthy

Candy isn't the only thing kids can accumulate during Halloween ◆ Cavities and extra pounds from all the candy are also common ◆ Try these tricks for preventing health issues



Offer apples to trick-ortreaters and risk having your house get egged maybe even by your own kids.

But dentists and dietitians say you can still make Halloween reasonably healthy for little devils and witches without resorting to dracul-onian tactics, like no candy.

"This is such a big adventure for them — let them have it, obviously with some caveats," said Dr. Rhea Haugseth, a dentist in Marietta, Ga., who's president of the American Academy of Pediatric Dentistry.

Haugseth also suggests avoiding cavity-promoting treats like caramels that stick to the teeth, or lollipops that bathe teeth in a long sugary bath.

Also, having kids brush their teeth before trick-ortreating to helps reduce plaque and bacteria, which interact with sugar to produce tooth-decaying acid, Haugseth said. Kids should also brush right after eating candy, she said.

Just don't go overboard on restrictions, says Cole Robbins, a Chicago 12year-old and Halloween veteran. "Halloween is the one day of the year where we kids just kind of break out and overload on candy," he said.

To help prevent that kind of gorging, try to give children a healthy, filling meal before trick-ortreating, says Bethany Thayer, a spokeswoman for the American Dietetic Association who works at the Henry Ford Health System in Detroit.

Ronni Litz Julien, a Miami nutritionist whose patients include overweight and obese kids, says another trick for parents is to help sort through the loot, have kids select their 10 favourite pieces, and give

the rest away. Offer the choice of eating all 10 pieces at once, or over 10 days. That gives them a sense of control, without feeling shortchanged, she said.

"You can't deprive them. It's Halloween, for God's sake," she said.

President Barack Obama joked last week on The Tonight Show that he'd warned his health-promoting wife that the White House would get egged if she gave trick-or-treaters fresh fruit and raisins instead of candy.

Dr. Janet Silverstein, a Gainesville, Fla. pediatri-

Parent tricks

Try these tips for keeping Halloween fun without cavities or extra pounds.

Dark chocolate

Start by handing out dark chocolate instead of chewy candies. The chewy variety is likely to get stuck in teeth and stay there. Some studies have suggested dark chocolate is good for the heart.

Toys

Try bribing your kids with a new toy in exchange for the Halloween loot — or at least some of it.

Wait

Ask your kids not to dip into their loot bags until they bring the entire stash home. This trick ensures both safety so you can toss any suspicious-looking candy, but it also prevents an "eating frenzy" — and the stomach aches.

cian and member of the American Academy of Pediatrics' nutrition committee, says she doesn't give out candy, offering fruit or pencils instead; so far her house is unscathed.

When her own children were young, Silverstein would buy their candy for a nickel a piece. She recommends that to her patients' parents, too. Though she doesn't offer her other solution — she used to eat her kids' candy. THE ASSOCIATED PRESS



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Tasty treats to make them scream — with sheer delight

• Still looking for last minute Halloween treat ideas? Try these Bog Bars



DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA



The beauty of Halloween treats is that you don't have to worry about mak-

ing them pretty. In fact, the uglier they are, the better. And that was the inspiration for this baked treat.

The Bog Bars start as a basic blondie-like bar studded with dried cherries. Then you smear melted chocolate over the top and start dumping delicious things all over them.

The gummy worms and pretzels are a particularly nice touch, resembling the snakes and twigs one surely encounters during midnight swamp strolls.

Bog Bars Preparation:

Coat a 33-x-23-cm (13-x9-inch) pan with cooking spray; set aside. In a microwave-safe dish, combine cherries and juice. Microwave on high until bubbling, about 1 minute. Set aside to cool.

In the bowl of an electric mixer, cream together butter and sugar until fluffy. Add eggs, one at a time, scraping bowl between additions. Stir in vanilla. Add flour and salt and mix just until combined. Drain reserved cherries, then add them and half of the broken chocolate cookies.

Ingredients:

- 500 ml (2 cups) dried cher-
- 125 ml (1/2 cup) apple or orange juice
- 175 ml (3/4 cup or 1 1/2 sticks) unsalted butter
 550 ml (2 1/4 cups)
- packed brown sugar
- 3 eggs
- 5 ml (1 tsp) vanilla extract
- 550 ml (2 1/4 cups) allpurpose flour
- 7 ml (1 1/2 tsp) salt
- 16 chocolate sandwich cookies, broken into pieces
- 340 g (12 oz) milk chocolate bits
- 2 graham crackers, broken
- 125 ml (1/2 cup) mini marshmallows
- 125 ml (1/2 cup) broken pretzel sticks
- Handful gummy worms
- 2 green fruit roll-ups, torn into pieces

3 Spoon mixture into prepared pan and bake in 180 C (350 F) oven for 25 to 30 minutes or until golden and set.

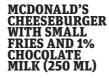
While bars are still hot, sprinkle milk chocolate bits over surface. Let melt. Use back of a spoon to spread melted chocolate to cover the surface. Sprinkle with

broken graham crackers, marshmallows, pretzels, gummy worms, remaining chocolate cookies and pieces of fruit rollups. Let cool.

EMILY RICHARDS IS
A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR
AND A TV CELEBRITY CHEF.
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THE ASSOCIATED PRESS

Rose Reisman's Swap It

While Halloween is normally a time for candy, some parents choose other treats such as the Trick or Treat McDonald's Happy Meal. However, the alternative can lead to a scary amount of calories and sodium.



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• Grain farmers showing how soy can be used in different ways • Trying to educate people about their options



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"We have furniture made from soy-based foam," says Meghan Burke, GFO communications coordinator. "It's called Bio-Plush foam. We also have carpeting made from corn oil, and soy-based paint on the walls. We have a countertop made of corn. Anything you can think of, really, made from corn or soy beans."

The furniture — including big, cushy reclining chairs — still has all the usual wood or metal components. But the foam in the cushions is something altogether new.

"It's very nice and very comfortable," she explains. "What we're basically doing is replacing the petroleum-oil portion with a soy-based oil. So it's just like any other foam, but is has no off-gassing, no allergens, it's renewable, it's decomposable, it's really healthy for your environment."

"We want to educate people about the options they have for their homes."

MEGHAN BURKE, GFO
COMMUNICATIONS COORDINATOR

It's a pure case of need meets opportunity. Agricultural organizations across Canada are always looking for new markets, and there's a rising consumer demand for cleaner, greener products.

"We want to educate people about the options they have for their homes," says Burke. "People are looking for greener, sustainable, healthy options for their homes. And with that trend growing and growing, more companies are picking this up. We have quite a list of suppliers that have given us products for the exhibit."

And while the GFO's ef-

forts are primarily an Ontario initiative, building a new market for the province's 28,000 corn, wheat and soy bean farmers, these special grainbased products are gaining in popularity, and becoming available throughout Canada.

"The carpeting you can buy at Home Depot, or anywhere you can buy a carpet. The paint is Sherwyn-Williams. All these things are fairly common at your typical home

The deeper message? Canada's bountiful grain harvests can solve a lot more problems than hunger and fuel efficiency.

"There are opportunities for your home that are environmentally friendly, and they are great alternatives to your petroleumbased products."

For more information, visit gfo.ca and bio plush.com.

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Crying Over roadblocks is not his way

• Former Platinum Blonde rocker Sergio Galli has overcome life's hurdles with a Doesn't Really Matter attitude

TURNING POINT

TERESA KRUZE



He's an international rock star, designer, architect and builder. With so much sucyou would expect

Sergio Galli would wear his accomplishments like a badge of honour. But he doesn't. Sergio is a down to earth, humble man with a simple message for us all: accept life's turning points and when things get tough, move on.

"I get over discouragement in life because I know it's temporary. Some people think it's forever. I say, 'Why waste your time? Get over it'.'

Sergio was 18 when he started his own business building and renting P.A. systems for bands.

He ran into Mark

Sergio's secrets

Sergio Galli's keys to life and business

- Success Enjoy the journey and don't think about the money or the outcome.
- Idea Come up with a plan and follow through with it. Attitude Be positive and
- move on from disappointments
- Execution Just get out and do it. Be positive.
- Fun Enjoy yourself. If you do, success and money will



Holmes who was looking to put together a new band. Sergio played guitar, Mark found a drummer and within six months Galli and the band hit it big. Platinum Blonde went on to become one of the top glam-bands of the '80s.

Hits like Crying Over You and Situation Critical rocketed to the top of the

As Galli and the boys would roll through the great cities of Europe, he would make the limo drivers stop in front of unique buildings that caught his attention.

"I was so into architecture. They used to rib me but they thought it was neat someone could be into something other than mu-

Seven years passed and the band realized they were burnt out and needed a

break. Galli wanted to go

back to school but was turned down at every University he applied to. Sergio "got over it", bought a couple of properties and began building. His work became noticed in the industry and soon he was building multimillion dollar homes. Now he has teamed with The Serena Group to build affordable, luxurious villas. Galli is living life on his

Platinum Blonde recently got back together and decided 20 years was enough of a break. Sergio and Platinum Blonde are currently in the recording studio and are hoping to start touring

again next summer.

"You have to enjoy the journey along the way. Nothing happens overnight. Remember to have fun and if you do then success will come."

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More sports



THE SAINT MARY'S HUSKIES MEN'S HOCKEY TEAM EARNED A WEEKEND SPLIT AT THE HALIFAX FORUM. SAINT MARY'S BEAT THE ST. **THOMAS TOMMIES 4-3 ON** FRIDAY AND LOST 3-1 TO THE MONCTON AIGLES BLEUS ON SATURDAY AND IS TIED FOR THIRD IN ATLANTIC **UNIVERSITY SPORT WITH A 3-**4 RECORD. THE DALHOUSIE TIGERS HAD A TOUGH WEEKEND ON THE ROAD, **LOSING 6-2 TO THE UPEI** PANTHERS ON FRIDAY AND 10-1 TO THE UNB VARSITY REDS ON SATURDAY. THEY'RE SIXTH OVERALL AT 2-4.



Creigton rolling going into AUS semifinals

are heading into the Atlantic University Sport football semifinals on a winning note.

Saint Mary's thumped the winless Mount Allison Mounties 59-21 on Saturday at Huskies Stadium to fin-

The Saint Mary's Huskies ish the season with a 6-2 record. The Huskies host the St. Francis Xavier X-Men in the AUS semifinal on Saturday at 1 p.m.

Quarterback Creighton padded his stats, throwing for 188 yards and four touchdowns, including

two to Damone Blackman. Running back Devon Jones made his season debut and scored a pair of majors.

The first-place Acadia Axemen (7-1) await the winner of Saturday's Saint Mary's-St. F.X. semifinal.

Moose's success translating well outside Halifax

• Herd put early road woes in past with strong road trip



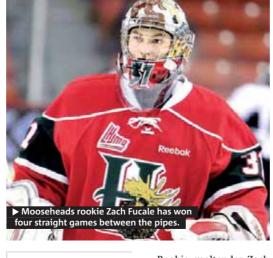
There is no QMJHL team hotter than the Halifax Mooseheads right now.

The Mooseheads swept a pair of weekend road games against the Val-d'Or Foreurs, 5-2 on Saturday and 3-2 on Friday, and have now won four straight games and nine of their past 10. It's a hot streak matched only by that of the reigning Memorial Cup champion Saint John Sea

The Mooseheads' overall record of 12-5 is sixth in the league and their .706 winning percentage trails only the Sea Dogs (.737) Quebec Remparts anď (.735).

"We were looking to build on what we did in the early part of the month, mostly at home," said Mooseheads head coach Dominique Ducharme. "It was great to see the guys come out with a lot of character and being strong mentally from the first game."

The Mooseheads had won six of seven games going into last week's road trip, but five of those wins came at the Metro Centre. The successful trip turned a sluggish 2-3 road record a respectable 5-3



Scoring surge

Mooseheads rookie Nathan MacKinnon wrapped a fantastic October with a goal and two assists on the weekend.

With 27 points in 17 games, he is fifth in league scoring.

"We're taking it one game at a time and right now, we're having success," Ducharme said. "At training camp, early in the season, I said I wanted to improve every day, every week, and we're keeping that same mentality.

Rookie goaltender Zach Fucale, the team's 11th overall pick in June's QMJHL draft, has been between the pipes for the past four wins, stopping 112 of 124 shots. He has a 7-1 record overall, second among rookies to Brandon Whitney of the Victoriaville Tigres.

"He's progressing," Ducharme said. "He's better and better every game. He's calm and confident and he's made some key saves

The Mooseheads return home to the Metro Centre for games Friday against the Moncton Wildcats and Sunday against the Foreurs.



Golden weekend for pair of Bluenosers

Paddlers Richard Dalton of Halifax and Ryan Cochrane of Hammonds Plains struck gold at the Pan American Games on the weekend.

Dalton, in the C-1 200metre race. Cochrane, with K-2 200 partner Hughes Fournel of Lachine, Que., both finished first in their respective races in Ciudad Guzman, Mexico, on Saturday, gaining quota spots for Canada at the 2012 Summer Olympics in London.

Dalton won in 40.333 seconds to edge out Brazil's Nivalter De Jesus, whose time was 40.619.

"It was another very in-

ter," said Dalton, who still has to earn a spot at the 2012 Olympics. "There's never more than a few inches difference at the finish between us. We both knew months ago we would have a showdown here (for the Olympic spot). I didn't take one day easy in training because I knew how good my competition was going to be."

EDUARDO VERDUGO/THE ASSOCIATED PRESS

Cochrane and Fournel won a close battle with a time of 32.375 seconds. Miguel Correa and Resola Voizard of Argentina were second with a time of 32.494.

"Everything just fell together today," said Cochrane. "We just did what we normally do and it all worked out. There's no better way to finish a season than with a gold

Also medalling on Friday was Sackville's Hugh Smith in the men's vault gymnastics event. • metro

Sports in brief

Huskies clinch bye in regular season finale

AUS SOCCER. The Saint Mary's Huskies have earned a quarterfinal bye at the Atlantic University Sport women's soccer championship this coming weekend in Fredericton, N.B. The Huskies earned a weekend split on the road to wrap up the regular season, finishing 13-2-1, tied for first. The Dalhousie Tigers, 9-3-1, finished third. Playoff matchups have not yet been determined. • metro

Dal to meet Moncton in quarterfinal clash

AUS SOCCER. The Dalhousie Tigers will face the Moncton Aigles Bleus in the Atlantic University Sport men's soccer quarterfinals in Sydney this coming Friday. The Tigers, 6-5-2, lost their final two games of the season to finish fourth overall. The Saint Mary's Huskies finished sixth overall at 4-3-6 but their quarterfinal matchup has not yet been determined.

NFL in pictures

2.DOUG PENSINGER/GETTY IMAGES 3. IONATHAN FERREY/GETTY IMAGES A DOR CADD/GETTY IMAGE



The New York Giants barely avoided a post-bye letdown, keeping Miami winless with a 20-17 victory.

> The Detroit Lions sacked Tim Tebow seven times as they snapped a two-game skid with a 45-10 win over the Denver Broncos.

Rookie quarterback Andy Dalton threw two first-half touchdown passes as Cincinnati Bengals beat the Seattle Seahawks 34-12.

The Baltimore Ravens rallied from a 21point deficit to beat the Arizona Cardinals 30-27. THE ASSOCIATED PRESS

Fitzpatrick leads Bills to victory in Toronto

Ryan Fitzpatrick showed yesterday why

the Buffalo Bills felt he was worth \$59 million US.

Fitzpatrick threw two TD strikes to Scott Chandler as Buffalo beat the Washington Redskins 23-0 for its first regular season win of the Bills Toronto Series.

The resurgent Bills (5-2) improved to 3-3 in Toronto but are just 1-3 in regular-season contests.

Buffalo hasn't made the playoffs since 1999

but last week signed Fitzpatrick to a \$59-million, six-vear contract extension. The deal makes Fitzpatrick the highest-paid player in club history.

THE CANADIAN PRESS

Rams play like champs

• With World Series-winning Cardinals in the house in St. Louis, Tackson scores twice to lead his team to its first win of the season

Nothing in the St. Louis Rams' first six games indicated they were capable of even keeping this one

Maybe the cross-town Cardinals' pre-game appearance with the World Series trophy inspired them to pull off a shocker of their own. A few choice words from their star player helped, too.

Running back Steven Jackson awoke in the middle of the night on game day, deciding he'd tell teammates enough was enough and that no way were the Rams were this awful. Then he led by example with two touchdowns in his first 100-yard game in three seasons, helping St. Louis earn its first win with a 31-21 upset of the New Orleans Saints



yesterday.

"I think the Cardinals being here was great for the city," Jackson said. "Whoever showed up today, regardless if the place was empty, today was the day.

"We came out with a mindset we were going to fight."

Drew Brees's only touchdown pass was on a meaningless score in the final seconds a week after throwing five in a 62-7 rout



of the Indianapolis Colts. Brees was intercepted twice, too, with Darian Stewart's pick and 27-yard return putting the game away with 2:51 to go.

"As you look at the cardinal sins of football, we committed quite a few of those today," Brees said, no

Sportsland

pun intended. "Obviously, we gave them a lot of momentum.'

The NFC South-leading Saints (5-3) average a league-best 35 points, but never got on track against a defence ranked near the bottom of the league. The Rams (1-6) had a seasonhigh six sacks after entering the game with just 11.

'We always thought we had that in us," coach Steve Spagnuolo said. "It was a wonderful weekend for St. Louis fans."

The Rams trailed by double digits in each of their first six games, and before Sunday had the lead for only 6:28 all season. They led at halftime for the first time since they were up 3-0 against the 49ers in the 2009 season finale in a 28-6 loss. The associated press



5 You

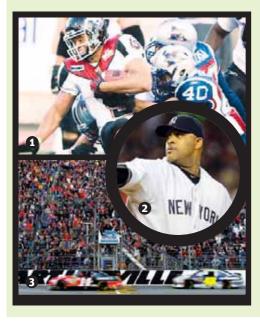
Gym Class Heroes -

LMFAO - Sexy and I





2. LEON HALIP/GETTY IMAGES 3. GEOFF BURKE/GETTY IMAGES



Drew Tate improved to 2-0 as a starter as the Calgary Stampeders downed the Montreal Alouettes 32-27 to move into a three-way tie for first place in the CFL West Division.

The Yankees have made a contract offer to ace CC Sabathia, who has until today to decide whether to opt out of the \$92 million and four years remaining on his current deal.

Tony Stewart passed Jimmie Johnson on a restart with three laps to go vesterday and surged into contention for his third NASCAR Sprint Cup championship. THE ASSOCIATED PRESS

Pujols' fate hangs over celebration

Hundreds of thousands honour Cardinals

A red sea of fans jammed downtown St. Louis yesterday to honour the World Series champion Cardinals and send a clear message to Albert Pujols: Please stay.

An official crowd estimate was not immediately available for the parade down the streets of St. Louis and the celebration at Busch Stadium, but city officials expected several hundred thousand, and it was clearly that, if not more. The crowd was so large that people were parking more than three kilometres away, and interhighways were jammed near downtown.

Pujols drew loud cheers along the parade route and a long standing ovation at the stadium. When asked on the podium if he'd like to be back for another celebration next season, he smiled sheepishly and said, "Hey, why not?"

Whether that happens remains to be seen. After 11 Hall of Fame seasons as a Cardinal, Pujols is a free agent for the first time and it isn't clear if the midmarket Cardinals will be able or willing to give a long-term contract to a player who turns 32 before next season, despite his career .328 average, 455 homers and status as a

Pujols' pending free agency and a chilly, breezy and overcast afternoon did nothing to dampen the celebratory spirit. People began staking out the good spots many hours before the parade, climbed trees and leaned out office windows for better views. Nearly everyone was dressed in red except for a few in Rams blue who made the short walk from the Edward Jones Dome after the football game. Even the Rams added to the joy of the day, beating New Orleans 31-21 for their first win after an 0-6 start.

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Crossword

Across 1 That guy 12 4 Actor Malcolm- -Warner 15 17 16 9 Throna 12 Historic time 13 Give a speech 18 19 20 14 Lawyers' org. 15 Mexican street mu-22 24 sicians 17 Deteriorate 25 26 28 30 29 18 "CSI" evidence 19 Easter bouquet 31 32 34 35 21 Insist on 24 Racetrack tipster 36 39 25 Greek H 26 Pick a target 28 Water nymph 41 42 43 31 The Red Planet 33 Curved line 47 46 35 Knob on a shield 36 Of a pelvic bone 48 49 52 53 51 38 Weep loudly 40 Right angle

5 Region of simple,

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54

41 Guitarist Lofgren

45 Slanted typeface

49 Showy yellow flow-

55 Buckwheat pan-

56 "Of course"

57 "Mayday!"

58 Marsh plant

59 Ram's mate

1 Height of fashion?

2 Gershwin brother

43 Tidbit

47 — chov

48 Wicked

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3 Scratch

9 Eastern Canadian provinces

10 Reed instrument 11 Dugout supply 16 Greek mountain

21 Actress Moore

23 Tenderizing sauces

4 "AbFab" actress Lum-29 Competent

quiet pleasure

8 Injury

20 Waikiki wingding

22 And others (Lat.)

27 "— Doubtfire"

32 Take to the seas 34 Barbershop treat-

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39 Dance to rock music

42 Weighing device 44 Old theater letters

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Sudoku

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	9		3					6

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Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and

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Dear Gemini Gal I love your blond hair, killer smile and beautiful blue eyes. The other day I saw you with a chimp in zoo. Obviously you love animals, good for you. If you are free and want to go for a drink, fire me a kiss.:):)

FROM I AM INTO YOU

Today 6 /00



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Today's horoscope

T Aries March 21-April 20 You may not want to go above a colleague's head and appeal to a higher authority today but you have no choice in the matter.

¥ Taurus April 21-May 21 If you need a helping hand as the new week begins don't be embarrassed

II Gemini May 22-June 21 No one expects you to do it all, so don't expect it of yourself. Gancer June 22-July 22 Can-

cer is a cardinal sign and that means you were born to achieve. Leo July 23-Aug.23 People will respond to you better this week of you can make them believe that by helping you they will also in some way be helping themselves.

W Virgo Aug. 24- Sept. 22 Never

give up hope. Never believe that you are destined to fail.

← Libra Sept. 23-Oct. 23 There may be a small but important detail that you have overlooked and only a fresh pair of eyes can see it. M Scorpio Oct. 24-Nov. 22 Not even a Scorpio can win every time. **₹ Sagittarius** Nov. 23-Dec.

21 Resist the temptation to jump to conclusions and make accusations that you may not be able to back

For today's crossword answers and for expanded horoscopes, go to metronews.ca

up with facts

り Capricorn Dec. 22-Jan. 20 You will be thrust into the spotlight at some point today and it may not be an entirely enjoyable experi-

Aquarius Jan. 21-Feb. 18 It may be the case that someone you thought was a friend has been using you to get ahead in their career, but don't make an issue of it.

H Pisces Feb. 19-March 20. You may have to bend the truth a little todav. especially if there is money at stake. SALLY BROMPTON





Write a funny caption for the image above and send it to plav@metronews.ca the winning caption will be published in tomorrow's Metro.



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